

ADULT SOCCER RULES

The team manager is the primary link between the team and the Sports Coordinator. It is essential for every team representative, player, and referee to have knowledge of the rules of soccer and the ability to interpret them accurately and intelligently.

THE MANAGERS RESPONSIBILITIES INCLUDE:

- Attend the managers meeting. Managers will be notified as to the date, time and location.
- Read and understand league rules and park policies prior to participation.
- Obtain league information pertaining to registration deadlines, make-up schedules, league tournaments, and league awards.
- Submit all league paperwork in a legible manner on time.
- Maintain control over his/her players and spectators in all circumstances, including disputes on the field. Referees will discuss disputes on the field with managers only.
- Have all players sign team waiver / rosters before playing.

PLAYING RULES:

1 The Cañon City Recreation District also reserves the right to expel any team from the league for reasons of conduct, failure to observe rules, regulations, and procedures and/or failure to field a team for two or more games. Written notification of such actions will be provided to the individual and or team manager.

2 All games will be played under USSF rules unless specified by an official league memo.

These rules are subject to change by the recreation district at any time as deemed necessary to better benefit the program, the participants, and the staff.

FIELD DIMENSIONS: Length - 60 yards, Width - 38 yards

THE BALL: Size Five

PLAYERS:

- A. Must be at least 18 years old and graduated from high school before they participate. There will be six players on the field from each team at one time but teams will be allowed to start a game with a minimum of four players.
- C. Gender ratios on the field per team necessary to play need to be 3 males to 3 females. Other acceptable ratios are as follows:

Males to Females

3	to	2
2	to	3
2	to	2
2	to	4

FIVE GOAL LEAD:

1. A team that starts with 6 players and acquires a 5 goal lead during a game will have to play with 5 players on the field for the remainder of the game or until the lead for that team becomes less than 5 goals. If the lead for the same team goes from 5 goals to 4 goals that team will be able to return to their original number of 6 players on the field.
2. A team that starts with 5 players and acquires a 5 goal lead during a game will have to play with 4 players on the field for the remainder of the game or until the lead for that team becomes less than 5 goals. If the lead for the same team goes from 5 goals to 4 goals that team will be able to return to their original number of 5 players on the field.
3. When playing with 4 players the only acceptable ratio is 2 males and 2 females.
4. A team that starts with 4 players and acquires a 5 goal lead during a game will stay with 4 players on the field for the remainder of the game. They will not have to play the rest of the game with fewer players.

IDENTIFICATION POLICY FOR ADULT SPORTS PROGRAMS:

If asked to do so players will be required to provide picture identification for the following reasons:

1. To provide proof of identification.
2. To assure all players are on the roster and have signed the roster.
3. To distinguish whether a player is of proper playing age.
4. To provide proof of age. Players must be 18 years or older and have graduated from high school.

PLAYERS MAY BE ASKED TO SHOW PROOF OF I.D. BY ANY EMPLOYEE OF THE RECREATION DISTRICT. UNTIL PROOF IS GIVEN THEY WILL NOT BE ALLOWED TO CONTINUE PLAY. THIS POLICY WILL NOT BE WAIVED FOR ANY PLAYER.

If a new player is added to the roster, the player must sign and completely fill out their personal information. If a team challenges whether a player is on a roster, the challenged player must provide picture identification to verify his/her name. If a player refuses/fails to provide proper identification they are ejected from that game. If they provide identification and they are an illegal player their team forfeits that game

THE GAME:

- 1 Game time starts at the coin toss. The winner of the coin toss will chose the goal they wish to attack and the other team will begin the game with the Kick Off.
- 2 Game time is forfeit time for all league games. Teams must be ready to start at required time.
- 3 Four equal 14-minute quarters.
- 4 A one-minute break between quarter one and quarter two, and another one-minute break between quarters three and four.

- 5 A halftime break of three minutes between quarters two and three.
- 6 The first and third quarter will be started with a Kick Off at mid field. Which team kicks first will be decided at the coin toss.
- 7 The second and fourth quarter will be restarted with an indirect kick for the team who last had possession as the end of the previous quarter.
- 8 Referees will not officiate forfeited games. Teams will be allowed to use the field for practice. The field must be vacated 10 minutes prior to the start of the next game.

MAKE UP/RAIN-OUT GAMES:

1. Rain-out games will hopefully be played on the same night as your team regularly plays, unless all of the time slots are full due to a maximum number of teams. In this case, your make-up game will have to be scheduled on another open night, either the same night of the week of that league or any other open night. During a rain-out game, all players on the official roster are eligible to play. Games will not be rescheduled for personal reasons.
2. For information on field conditions and rain-outs, team managers may call the Recreation District offices at 275-1578 for a recorded message of field conditions.
3. Only managers will be told of cancellations by phone call, there is no need for each individual player to call the Recreation District. Anyone other than the Team Manager will be informed of any scheduling change by their team manager.

PLAYER'S EQUIPMENT:

- 1 Metal cleats are prohibited.
2. Shin Guards are MANDATORY TO PLAY.
3. Plaster cast, metal or hard plastic braces may be deemed dangerous by a referee and may ask for the item to be removed.
4. All Jewelry, such as rings, pins, necklaces, bracelets, and watches will not be allowed during any game. The only allowable rings are smooth bands. If someone wants to wear a wedding ring that is not a smooth band, such as an engagement ring with protruding stones and supports, it must be covered with tape and shown to the referee before participating in a game.
5. Footwear: tennis shoes or soft-cleated soccer shoes. No metal Cleats are allowed.
6. Socks must cover shin guards.

REFEREE:

1. The Cañon City Area Metropolitan Recreation and Park District will hire and train all District league referees.
2. The referees and other staff will strive to be professional, knowledgeable, and courteous.
3. The referee's calls are not protestable.

THE START OF PLAY:

No change from regular play except: Opponents must be six yards from the center mark while kickoff is in progress.

SCORING GOALS AND THE GOAL AREA:

1. To successfully score a goal the player and the ball must both be completely in their attacking half of the field but not in the goal area of the goal at which they are attempting to score upon.
2. The ball must completely cross the goal line in-between the goal posts and under the cross bar.
3. If a defending player touches a ball while it is in the goal area it becomes a goal. If an offensive player touches the ball while it is moving in the goal area it becomes a goal kick for the defending team. Players must wait to retrieve a stopped ball until the referee has blown his whistle to dignify that the play is dead.
4. If the ball has come to a complete stop within the goal area it will become a goal kick if last touched by an attacker. If it has completely stopped in the goal area it will become a corner kick for the attacking team if last touched by a defender.

OFFSIDES:

There will be no offsides.

FOULS AND MISCONDUCT:

- A. No change from regular play.
- B. ANYONE WHO RECEIVES THEIR FIRST RED CARD WILL BE REMOVED FROM THAT GAME AND SIT OUT THE NEXT SCHEDULED GAME.
- C. ANYONE WHO RECEIVES TWO RED CARDS IN THE SEASON WILL SIT OUT THE SEASON.
- D. ANY PLAYER WHO RECEIVES ANY KIND OF CARD OR VERBAL WARNING IS SUBJECT TO DISCIPLINARY ACTION IN ACCORDANCE WITH THE PLAYER CODE OF CONDUCT.

SLIDE TACKLING:

- A. If a player, slides in an attempt to dispossess the ball from another player they will be given a Yellow Card, and an indirect kick will be awarded to other team.
- B. The second time in that same game, that the same player, who has already received a Yellow Card, is guilty of another slide in an attempt to dispossess the ball from another player, they will receive a Red Card and will be removed from the game. An indirect kick will be awarded to the other team.

For action taken as a result of either a Yellow or Red Cards refer to FOULS AND MISCONDUCTS.

FREE KICK:

1. All free kicks are **INDIRECT**. A goal may not be scored until the ball has been played or touched by a second player from either team.
2. All defenders must be at least 6 yards from the ball on all free kicks.
3. No kicks taken by the attacking team within the defending team's goal box.
4. All attacking free kicks within 6 yards of the goal area will be placed at least 6 yards away from the goal area, closest to the foul, before being taken.

PENALTY KICKS:

No penalty kicks.

GOAL KICK:

May be taken from any point inside the goal area or anywhere on the goal line. Opponents must be six yards away from the ball before it is put into play.

CORNER KICK:

No change from regular play except opponents must be six yards away from the ball.

SUBSTITUTIONS:

1. Substitutions will be made on the fly without a stop in play.
2. The person leaving the playing field must be completely off of the field and tag the substitute before they can take their place on the field.
3. The players entering the field of play must have a pinnie or shirt of similar color on to be a legal player.
4. If there are too many people on the field due to improper substitutions the team who was at fault will have a verbal warning. Cards will be the next step for individuals who persist to substitute incorrectly.

GAME TIE BREAKERS:

1. Two (2) 5 minute sudden death overtime periods will be played and will end as soon as the first goal is scored or time runs out.
2. A coin toss will determine who has choice of side or kick to start the overtime period.
3. If at the end of the overtime there is no winner the game will end in a tie.

TEAM WAIVER/ROSTER:

- A. A complete team waiver/roster is required for all teams by the last day of registration. Changes/additions may be made on your roster by contacting the Recreation District office at 275-1578. You can do this with the supervisor at Rouse Park, but we prefer it to be done at the Recreation District office located now at 575 Ash, Canon City, CO 81212.
- B. Participants, once the season has started, cannot go onto another roster unless released by their team manager. After being released from a team, there is a 24-hour waiting period before you can play on another team. If your team manager

- refuses to release you, you must write a release letter to the Recreation District with the date of release on the letter. There is still a 24-hour waiting period.
- C. A minimum of six (6) and a maximum of twelve (12) players are allowed on a team roster.

PROTESTS:

1. No team can protest a judgment call by a referee, only rule infractions and player eligibility can be protested.
 2. The team manager must notify the referee of the protest and rule infraction at the next stop in play. The manager must then complete a written explanation of the protest and bring it, along with a \$ 25.00 protest fee to the Canon City Area Metropolitan Recreation and Park District office at 575 Ash, Canon City, CO 81212. Within 48 hours or two business days of the incident in question. If the protest is disallowed, the protest fee will not be returned.
 3. The protest and grievance committee will consist of the Executive Director, The Recreation Supervisor of Adult Sports and the On-site Supervisor. They will meet when necessary to act on protests and player eligibility. This committee will determine disciplinary action against teams or individuals. The decision of the committee is final!
 4. Protesting a player's eligibility must be based on the following criteria.
 1. Player under the age of 18 participating.
 2. Player playing under an assumed name or address.
 1. Player not listed on a team's roster.
 5. The team wanting to protest a player's eligibility must follow these procedures for the protest to become valid.
 1. A team may protest a player's eligibility, but must do so before the game has been completed. When the game ends, the right to protest ends. The team must notify the referee or on-site supervisor of the protest. Then the protest must follow the above stated procedures
 2. The protest must be in writing with the players first and last name and the reason for the protest.
 3. The game will continue on schedule and the player eligibility protest will be ruled on by the Grievance Committee. Their ruling will be final!
 4. If the protest is valid, the \$25.00 will be returned to the team that made the protest.
- The Recreation District shall rule on the protest in one of the following ways:
1. The protest is not valid. The score of the game stands.
 2. The protest is of such a nature that the game must be forfeited.
 3. The protest is of such a nature that the game must be replayed from the time of the protest.
 4. The protest is valid, but does not affect the outcome of the game. The score of the game stands.

ALCOHOL RULES:

1. There will be no alcohol allowed on the playing field at any time. Players will be ejected from the game if they are consuming alcoholic beverages during their game times whether on or off the playing field. This includes coaches and players.
2. No glass containers will be allowed in Rouse Park.
3. The Cañon City Recreation District staff has the authority to remove any player(s) from the field whose overindulgence of alcohol may cause injury to themselves, other players or spectators.
4. The Player Code of Conduct will govern actions taken regarding intoxicated players.

SPECIAL RULES AND GRIEVANCE COMMITTEE:

The on-site supervisor and/or the Grievance Committee shall act upon any situation not covered explicitly in these rules. In addition, The Cañon City Recreation and Park District reserves the right to interpret any and all rules and situations and further reserves the right to insert, delete, or change rules at any time and make decisions retroactive should it be deemed necessary to benefit the program.

ROUSE PARK RULES:

1. Kegs of beer and glass bottles are not allowed.
2. Vehicles must be parked in designated areas of Rouse Park. NO parking is allowed along Park Ave.
3. Rouse Park closes at 11:00 p.m. Vehicles left within the park after closing are towed away at the owner's expense by arrangements made with the Districts security service.

